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(54) METHOD OF PRODUCING GERMINATED WHEAT FLOUR AND FOOD PRODUCT USING THE SAME**(57)Abstract:**

PROBLEM TO BE SOLVED: To provide a method of producing germinated wheat flour rich in nutrients that can be utilized over a wide kind of foods, and food products using the germinated wheat flour.

SOLUTION: Wheat grains are soaked in water, germinated and crushed to obtain the germinated wheat flour. In a preferred embodiment, the wheat grains are partially peeled off their skins, then soaked in water and the peeling degree of the grain skin is preferably $\leq 20\%$ and the water used in the soaking preferably includes electrolyte water.